



Coach Leslie's BIRDIE Lesson Guide - Week 2B

Setting Goals that are Important to You

If a goal is important to you then:

You will work hard to reach it

You will feel proud when you do reach the goal

HEALTHY HABIT

Physical healthy Habits

Energy

Play

Safety

Set a goal for each healthy habit that is important to you that will build confidence and self-improvement

GOLF RULE

Are following the rules important to you? How do you feel if everyone is not playing by the same rules?

Go through the USGA rules and fine two rules that are important for you and others to follow - why?

WARM UP

Walk along a string, or on a board keeping your balance at all times. Notice your body position when doing this.

Take 10 medium swings with your eyes closed think of your swing rhythm and how it effects your balance

Light stretching/crunches/squats/60 cardio blast or speed walk (keeping 1 foot on the ground-no running)

GOLF SKILL

What skills help you most in achieving your goals?

- Pre-shot routine
- A balanced start
- Rhythm & Tempo
- Post-shot routine
- Ball Flight
- On Course strategies
- Ball Contact
- Distance Response
- Target Awareness

ACTIVITY

Putting Activity: What part of Putting is important for you to accomplish? Distance, Aim, Balance, Centerness of shot. Practice the fundamental that is important to you

Chipping:

Pitching:

Full-swing

On-Course Strategies

What did you work hardest on? What did you stick with?

THINGS TO THINK ABOUT

To find out if a goal is important to you, ask yourself:
Am I setting this goal just because someone else wants me to?

Do I want to work hard to reach it?
Think about a goal you really want to accomplish in golf and you want to work hard to reach.

Think about a goal that was not important to you but you tried to accomplish because someone asked you to work toward that goal. How hard did you work to be successful?